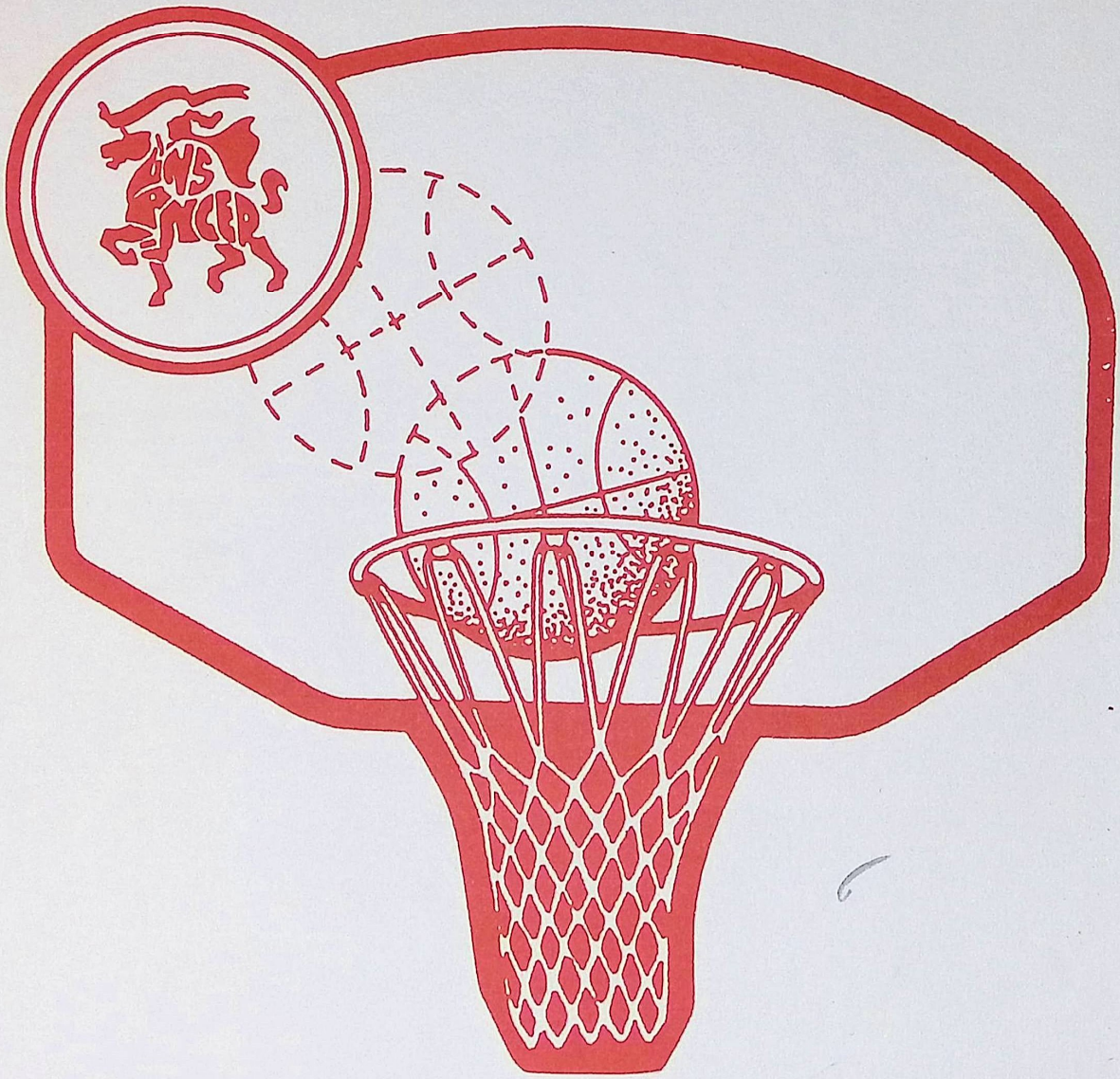
GIRLS



BASKETBALL

NORTH SCOTT GIRLS' BASKETBALL

By Coach Bill McCoy

WHAT I EXPECT FROM A NORTH SCOTT GIRLS' BASKETBALL PLAYER-

I insist on being on time at every practice, every meeting and every game. I expect all players to be in proper dress at all games, home and away. I expect team players to sit together, before we suit-up, at our home games and away games. I expect that all players respect and take care of the equipment. Everything should be picked up in the locker room after practice, or after a home and away game. Will this make you a better basketball player? Some do not think so, but I do.

When I stop and make a correction, I want strict attention by everyone. When I blow the whistle at the beginning of practice, I want the balls rolled to the managers: no more dribbling or shooting. I will not be forced into yelling. I know it is essential for us to communicate in an effective manner.

There is absolutely no doubt in my mind that you must be in excellent condition to play basketball: I BELIEVE IN CONDITIONING!! We will be in better condition than any team we play. I believe in pressure both offensively (fast break) and defensively (press). I know the better conditioned team will have an advantage in the fourth quarter of play. To get the advantage, we must apply constant pressure the first three quarters. I believe in fast break basketball for the following three, main reasons: #1) It is fun to watch; fans deserve to see as much action as is compatible with good play. #2) To please players; players have more fun and enjoy playing fast break. #3) I get to use more players which is a definite advantage to team spirit.

I do not permit any players to criticize, razz, or ridicule any teammate in any respect. I insist that the scorer acknowledge the passer whose pass led to her score, and that all acknowledge any teammate who makes a nice play. Offensively, you must realize that most of the time you will be without the ball; use it and use it wisely. It's what you do without the ball that is going to determine to a great extent what you are going to be able to do when you get the ball. Defensively, the idea is to keep the other TEAM from scoring. If you need help, you will get it from your teammates, but you must be able to give them help when they need it. The easiest way to prevent someone from scoring is not to let them have the ball. Good defense is played before they get the ball.

Finally, basketball is a team sport; not an individual one. Teamwork and unselfishness is a must. Each player must be eager, not just willing, to sacrifice personal glory for the welfare of THIS TEAM.

Anything is possible in the realms of reality. The only limit we have is the limit we put on ourselves.

NORTH SCOTT'S BASKETBALL FOUR "H'S"

HUSTLE

I have never coached a team that was ever out-hustled on the floor. I never will!!! Give it your all: We aren't talking talent, ability, or experience, I'm talking desire. If you don't HUSTLE 100% of the time, you will not play. I not only require it, I demand it. You could have off nights offensively, but HUSTLE has no off nights. Things may come to those who wait; but only the things left by those who HUSTLE. In otherwords, HUSTLE is another word for survival.

HEAD

If the human body recognized agony and frustration, people would never run marathons, have babies, or play basketball. Frustration comes from your HEAD, not from anywhere else. Basketball is a game of quick decisions. If you have to stop and think, it's too late- You must react. Size up your opponent's weaknesses, and use it against them. Always stay in control: Go your speed. Know what we are doing on offense and defense. You must anticipate. Always make good, crisp passes, shoot when open, talk with teammates, play smart basketball, be a team player. USE YOUR HEAD!!!

HEART

Make an effort, everyday, to feel good about who you are, and what you can be. Also realize, as far as a Team goes; the most important word is "WE", the least important word is "I". HEART is caring about the team and the members on it. If you have HEART, you never say anything bad about anyone on your team! You make sure you Treat teammates like you want them to Treat you. Finally, make it a point to say something good about a different teammate every day. (To Your Teammate)

HONESTY

Be HONEST with yourself, your teammates, and the coach. I hold HONESTY as one of the most important qualities in a person. I am HONEST; therefore, I expect HONESTY. The truth sometimes hurts, but it is far better than the alternative. Remember, the wrong way to make your way is to insist on having it. I believe strongly that sweat and sacrifice leads to success. Be HONEST and pay the price. It's not the easy way; it's the only way. No one is perfect, but to see things clearly one must first accept that they aren't perfect. Blame does not go on to other teammates. Look at home first; in most cases, you will not have to look further. To do nothing is the way to be nothing. Remember, jealousy, envy and gossip is Cancer for a team. I will cut out any and all Cancer when it comes to this team.

IT IS BETTER TO DESERVE HONORS AND NOT GET THEM; THAN TO GET THEM AND NOT DESERVE THEM!!

SUCCESS DEPENDS ON YOUR BACKBONE NOT YOUR WISHBONE.

YOU WILL BE A SUCCESSFUL NORTH SCOTT BASKETBALL PLAYER

IF:

#1 YOU WANT TO WIN
#2 YOU HAVE HUSTLE
#3 YOU HAVE DESIRE
#4 YOU ARE AGGRESSIVE
#5 YOU THINK POSITIVE
#6 YOU ARE NOT AFTRAID TO MAKE A MISTAKE
#7 YOU ARE HONEST
#8 YOU ARE A LISTERNER
#9 YOU HAVE A SENSE OF HUMOR
#10 YOU BE YOURSELF
#11 YOU LET THE PLAYERS GET TO KNOW YOU
#12 YOU RESPECT YOUR TEAMMATES
#13 YOU LOVE YOUSELF AND YOUR TEAMMATES
#14 YOU KEEP YOUR TEMPER- DON'T LOSE IT
#15 YOU RELAX AND HAVE FUN

REMEMBER-- IT IS NOT WHERE YOU ARE NOW THAT COUNTS, IT IS THE DIRECTION IN WHICH YOU ARE HEADED.

SHOT SELECTION

Excellent	Unguarded Layups Unguarded 15' Shots (Jump Shots and Set Shots) Unguarded 3-Point Shots
Good	Guarded Layups Rebound Shots Semi-Guarded Jump Shots Semi-Guarded Set Shots
Poor	Blocked Shots Shots Out of Your Range Thrown Up Shots Guarded 3-Point Shots

EXPERIENCE IS WHAT ENABLES YOU TO RECOGNIZE A MISTAKE AFTER YOU HAVE MADE ONE.

FAST BREAK BASIC RULES

#1 CONTROL- Stay Under Control; Your Speed, Not Someone Elses'.

#2 REBOUND- You Can't Break Without The Ball. On Made Shots, Get The Ball Out And Moving Quickly.

#3 KNOW WHERE THE BALL IS AT ALL TIMES- Don't Let The Ball Hit You In The Back Of The Head.

#4 OUTLETS, COME TO THE BALL- Don't Let Someone Step In Front Of You.

#5 SPRINT DOWN THE COURT, DON'T JOG- A Jogger Is A Tired Player Who Wants Out Of The Game.

#6 MAKE SOMEONE GUARD YOU- If You Advance With Dribble, Someone Wide Open, Pass; Otherwise, Go To The Hoop Until A Defender Comes To You, Then Pass.

#7 REMEMBER, FAST BREAKS DON'T ALWAYS WORK, BUT THEY WILL WORK MORE OFTEN LATER IN A GAME WHEN THE OTHER TEAM IS TIRED!!

CONTROL HUSTLE CONTROL HUSTLE CONTROL HUSTLE CONTROL

#8 I PLAN TO GET 50% OF OUR OFFENSE FROM BREAK

#9 DON'T BE AFRAID TO SHOOT THE BALL- <u>WE</u> NOT I

#10 WHEN YOU WEAR A TEAM DOWN DEFENSIVELY, THE BREAK BECOMES VERY EASY.

FAST BREAK

MADE SHOTS

#5 Always takes the ball out of bounds-- The minute it goes through the hoop: You must React. Hustle! You can't stand around and think. REACT!! - One side of hoop or other.

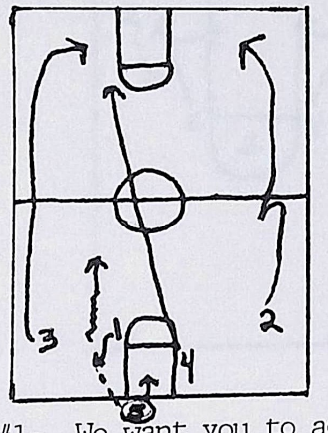
#1 Always reacts to #5-- Cut toward the inbounds passer, either left or right, depending where passer is. Use people heading down court as screens. You are to get the ball.

#2 Down Right side, wide sprint to one-half court if #5 is having trouble getting ball to #1. Hook and come back to help.

#3 Always sprint down Left side of court to baseline.

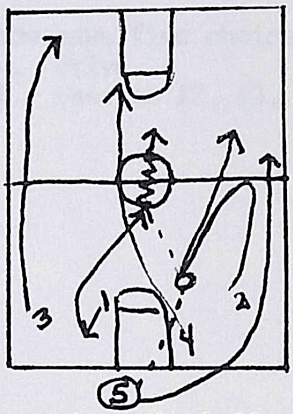
#4 Fly pattern down Center of court. Sprint, Hustle; know where the ball is.

No Pressure on #1



#1- We want you to advance ball with dribble. Keep in mind #3, #2, #4 open; (wide open, pass) otherwise, continue will ball.

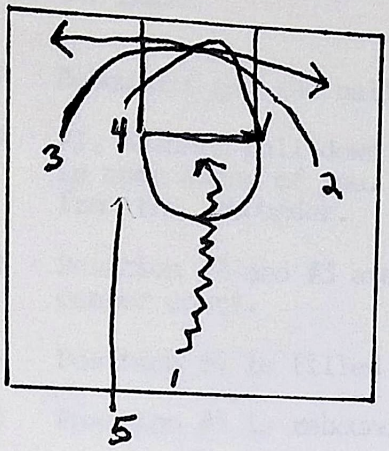
Pressure, Can't Get Ball to #1



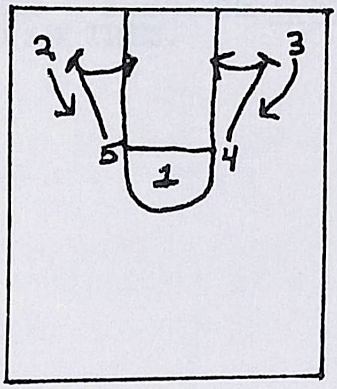
If #2 receives the ball, look to pass to #1 and run up side line.

WHEN A PERSON PUTS A LIMIT ON WHAT SHE WILL DO, SHE HAS PUT A LIMIT ON WHAT SHE CAN DO.

IF WE DON'T GET OPEN LAYUP-- SECONDARY BREAK



#3 Crosses under basket
#2 Crosses under basket
#4 Loops to right elbow
#5 Goes to left elbow
#1 Dribbles to key- you have two choices, #2 or #3



#1 You have five choices-
A. Drive
B. Pass to #2, #3, #4, #5

IF YOU'VE DONE YOUR BEST; YOU'VE WON.

ON MISSED SHOTS

(A) Rebounder get the ball to #1, unless she rebounds it.

(B) #1, Advance ball down the floor with dribble. Pass if someone is open ahead of you. Always come to the ball to receive the pass from the rebounder.

(C) Position #2 and #3 are filled by the first two players who cross center court.

(D) Position #4 is filled by third person to cross center court.

(E) Position #5 is rebounder.

(F) Don't forget #2 man is responsible for help if rebounder can't get the ball to #1.

(G) Seconday Break as on previous page.

REMEMBER-- I WANT THE FIRST GOOD SHOT WE GET. I DON'T WANT THE BALL PASSED SIX TIMES.

DEFENSE BASIC RULES

#1 ALWAYS KNOW WHERE THE BALL IS.

#2 STOP THE DRIBBLER. Never Let Them Advance Ball Freely.

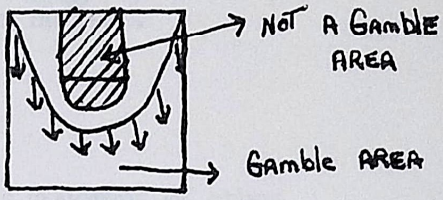
#3 PLAY WITH YOUR FEET, NOT YOUR HANDS.

#4 MAKE DRIBBLER USE WEAK HAND. Right-Handers, make them go left. Left-Handers, make them go right.

#5 ALWAYS PRESSURE LOW.

#6 ALWAYS GIVE WEAKSIDE HELP. When Your Person Is Two Passes From Ball: You Are Weakside Help!!!

#7 GAMBLE AWAY FROM BASKET, NOT UNDERNEATH IT.



#8 NEVER FOLLOW SOMEONE THROUGH LANE--LEAD THEM.

#9 MAKE OFFENSIVE PLAYER GO WHERE THEY DON'T WANT TO. Hassle Them. Get In Their Way.

#10 ALWAYS TALK TO YOUR TEAMMATES!!!
- A. Weakside Help
- B. Screen--Switch/No Switch
- C. Good Job

#11 SCREEN OUT ON REBOUNDS.

#12 ONE PASS AWAY- PRESSURE, HASSLE PLAYER, NO GIVE MES. Pressure, Pressure, Pressure; Only Exception Is If They Get The Ball Inside-Out People, Then Drop.

#13 ON OFFENSIVE END/MISSED SHOT--CLOSEST PLAYER HASSLE OUTLET. Pass-Put Pressure On Rebounder.

#14 CREATE OPPORTUNITIES FOR TEAMMATES.

#15 ANTICIPATE--USE GOOD JUDGEMENT.

#16 HUSTLE, HUSTLE, HUSTLE,---WORK, WORK, WORK .....

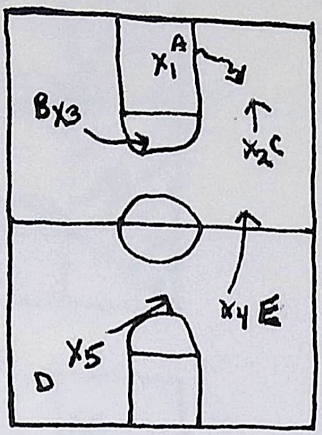
#17 DENY THE BALL--ALWAYS.

GOOD DEFENSE IS MAINLY: HUSTLE, DESIRE, ANTICIPATION

YOU CANNOT PLAY GOOD DEFENSE WHEN YOU ARE TIRED. BE SMART. BE A TEAM PLAYER. TAKE A BREAK. SUBSTITUTES ARE A KEY TO TEAM SUCCESS.

LOAFING NEEDS NO EXPLANATION AND IT'S ITS OWN EXCUSE.

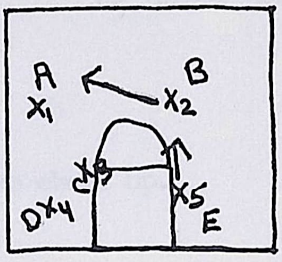
FULL COURT MAN TO MAN DOUBLE UP



#1 Must force A out of area A; (No Double Up) preferably to side of weak hand.
#2 Goes to double up.
#4 Replaces next available pass.
#5 Splits D & E, favoring neither.
#3 Drops far enough to invite pass so you can deflect.

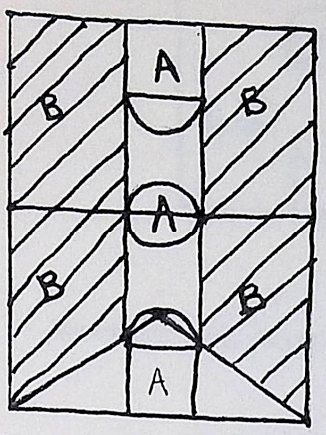
* Remember, the defender who goes to double up initiates movement of other three players.
* Remember, the furthest offensive player away from the ball is the least amount of threat so you can cheat up.
* Remember, when you go to double up; DO NOT allow the offensive player to dribble around you.
* Remember, once the offensive player picks up the dribble, he must pass! Don't let her off the hook by a dumb foul: Pressure without foul.
* 10 second count is a turnover. Count in front of your offensive player.

You can double up at our end on occasions- Example as follows:

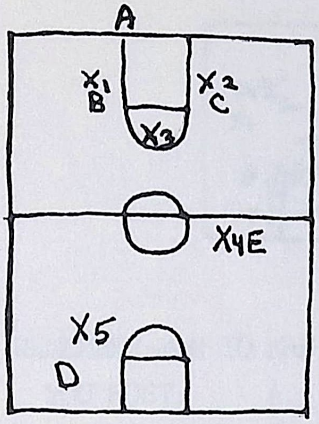


BEGIN WHERE YOU ARE, BUT DON'T STAY WHERE YOU ARE.

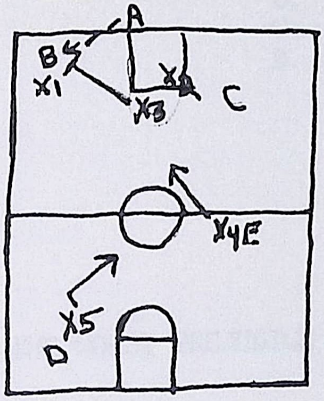
MAN TO MAN DOUBLE UP



(A) Area- No Double Ups
(B) Area- Doubles if you want and you see an advantage.



(#1) No one on inbounds passer.
(#2) X_3 Talk- we want five second count. Yell "BALL" when inbounds pass made.
(#3) X_1X_2 Front- Stick to them like glue.
(#4) X_4X_5 Side Saddle- Do not allow long pass in.



IF THEY MAKE PASS IN SHORT.
X_3 Yells "BALL" and doubles.
X_2 Drops toward lane.
X_4 Drops toward center.
X_5 Drops toward middle.

The better the trap, the more you can cheat up.

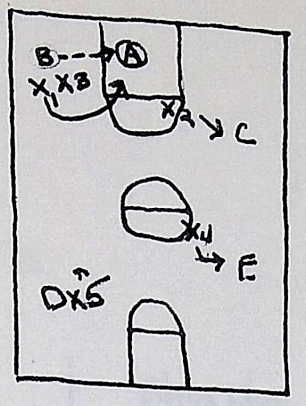
Example Good Trap--B Lost Dribble

X_1 Guard A

X_4 Guard C

X_5 Guards Middle of floor/ split between D & E. If D goes all the way to front court-follow; then X_4 would drop and split C & E.

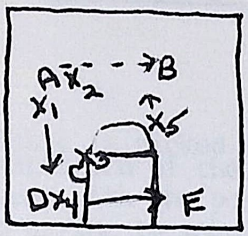
SWEAT AND SACRIFICE= SUCCESS



If return pass to A-

X_1 Goes to A
X_3 Has B
X_2 Drops to C
X_4 Drops to E
X_5 Has D

* Remember, No Double Ups in Area A.



Adjustment- 1/2 court Double up

X_5 Picks up B
X_1 Drops
X_4 Crosses over and picks up strong side now

REMEMBER-MAN TO MAN DOUBLE UP IS A GAMBLING DEFENSE.

YOU MUST:
A. BE SMART WHEN TO INSTITUTE DOUBLE UP.
B. React- EVERYONE AND ANTICIPATE.
C. DO NOT ALLOW A DRIBBLE PENETRATION.
D. HUSTLE, USE YOUR HEAR AND ANTICIPATE.

THE WORST PREJUDICE IN SPORTS, IS NOT SKIN COLOR. IT IS SIZE.

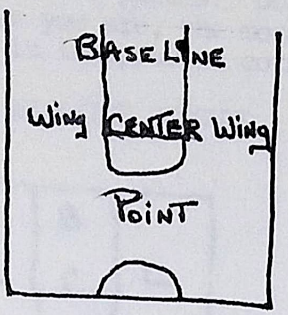
1-3-1 REGULAR (13)

Basic Set Up

REMEMBER:

A. HANDS UP/ARMS OUT

B. PLAY PASSING LANES



BASIC SET UP

Point

A. When dribble is picked up outside scoring area, play passing lanes.
B. Stop penetration of the ball.
C. Double team with the post when ball passed into high post area- comes palms up trying to make steal.
D. When ball is in the corner, the point is responsible for high post area.

Center

A. Play the man in the high post area- man to man.
B. If no post, play one step below foul line.
C. Seal all splits in point and wing area.
D. Front.
E. Ball in corner, move to low post.
F. Hands up/ arms out.
G. If baseline gets beat, you must cover driver aggressively.

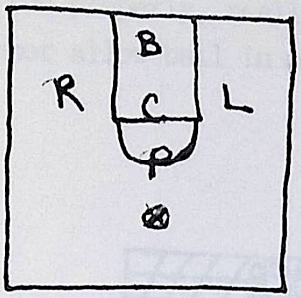
Wings

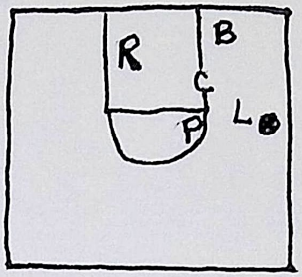
A. Constantly play passing lanes with your hands and feet.
B. Never allow a past to post area.
C. Cover a good shooter: a weak one you can cheat back on.
D. Play aggressive man to man in scoring areas on the ball.
E. Do not attack a dribble pick up if they are out of scoring range- Play passing lanes.
F. Converge on ball when it it passed inside scoring lane.
G. We must force ball away from bucket.
H. Active feet/ hands up/ arms out.
I. Do not allow splits- shut off penetration.
J. You must attack the boards when shot goes up.
K. Talk and communicate.

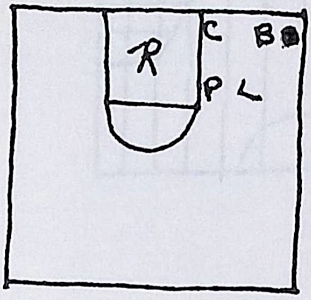
IT AT FIRST YOU DON'T SUCCEED, TRY TRYING.

Weakside Wing

A. Protect the entire weakside to the basket as soon as strongside is established.
B. Do Not allow lob passes: Do not give up layup.
C. The quicker you are, the more you can cheat up.
D. When ball is in opposite corner, you must drop down to protect against lob.
E. MUST HAVE WEAKSIDE REBOUND.







Works the same on other side.

ONE THING THAT KEEPS A LOT OF PEOPLE FROM SUCCESS IS WORK.

1-3-1 TRAP (13T)

(1) This has a tendency to really mess up an offense.

(2) To be effective, EVERYONE MUST HUSTLE AND ANTICIPATE.

(3) Difficult for other teams to get a shot off.

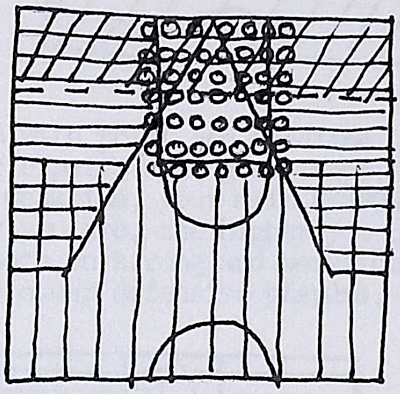
(4) Forces other team to pass a lot which gives us greater opportunity to deflect or steal the ball.

(5) Easy to fast break out of.

(6) If run properly, really frustrates other team.

(7) Cannot allow ball in middle- Paint Area.

Areas



Baseline-- Area you are responsible for //////

Point-- Area you are responsible for ||||||

Left Wing-- Area you are responsible for ≡

Right Wing-- Area you are responsible for ≡

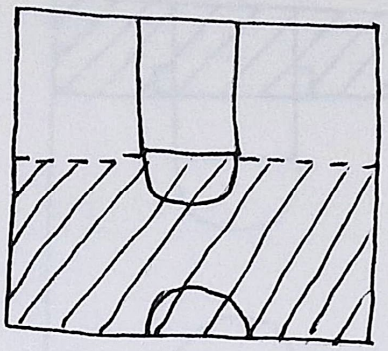
Center or Jammer
--Area you are responsible for ooo

* All areas where line intersect: you have a double team.

ALL THINGS ARE DIFFICULT BEFORE THEY ARE EASY.

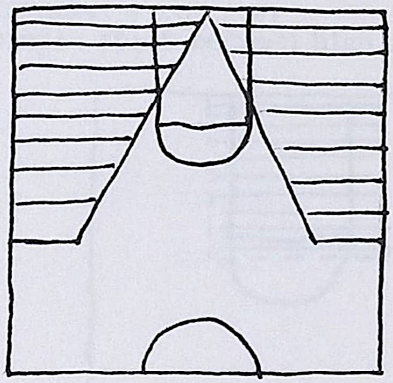
Point

A. You are the attacker.
B. Go after the ball hard: Good man to man principles. anticipate the pass. If offensive player picks up the dribble, get all over them. Do not foul.
C. Double team mainly with the wing.
D. If ball is low, protect the high post area.
E. When you get tired, let your sub know-- MUST REALLY HAVE HUSTLE.



Wings

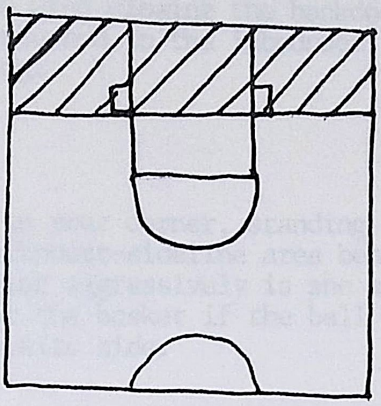
A. Double team with point and baseline.
B. Hustle, anticipate, make good traps. Do not foul.
C. If you are weakside, your main RESPONSIBILITY IS LOW!
D. The quicker you are, the higher you can cheat up on weakside.
E. REBOUND- Both on strong and weakside.
F. TALK- Help other defensive players, especially the jammer.



FAILURE IS NOT FALLING DOWN; IT'S STAYING DOWN.

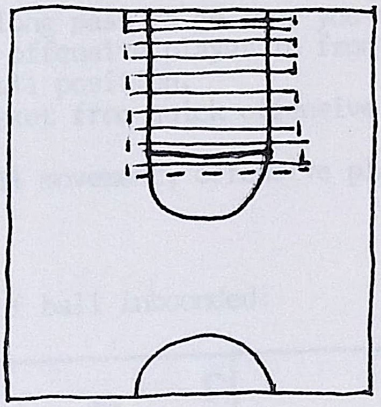
Baseline

A. Double team with wings.
B. Good traps: Do not foul.
C. Anticipate.
D. Ball high; protect low.
E. DO NOT GET BEAT BASELINE.
F. REBOUND.



Jammer

A. Follow ball around paint area.
B. Always front.
C. DO NOT ALLOW BALL TO GET IN THE MIDDLE.
D. REBOUND
E. Ball in corner; front low.
F. Ball on wing; split between high and low post.



THE ONLY TIME YOU MUSTN'T FAIL IS THE LAST TIME YOU TRY.

Presses #12 - Keys 1-2-1-1

KEYS= HUSTLE, ANTICIPATION, HELP, TALK

X_1

A. Directs passing usually to defensive left.
B. Double teams with wing closing the backdoor trap.
C. If the ball is returned to the inbounder, use the same trapping sequence with opposite wing.

X_2 X 3

A. Allow reception in your corner, standing back far enough to prevent a pass into the backcourt-sideline area behind you.
B. Attack the dribbler aggressively is she stops.
C. Sprint back under the basket if the ball breaks the front line of the press on the opposite side.

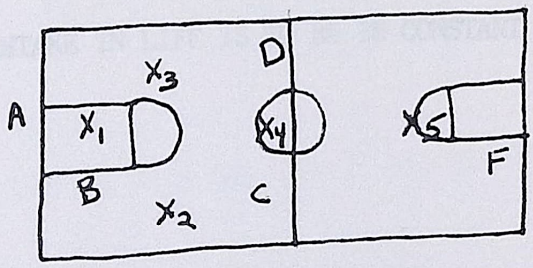
X_4

A. Talk!
B. When the balls comes inbounds, move towards the sideline on the side it comes in on; approximately in line with the ball.
C. If there is a good double team at the front line, anticipate the most likely passing area and try to intercept or deflect the pass.

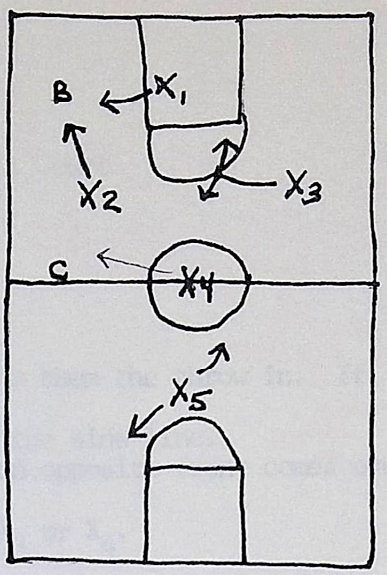
X_5

A. Never allow a long pass to go over you to an opponent.
B. If there is no offensive player in front court, move up to mid-court opposite the ball position.
C. Protect the basket from quick offensive penetration: NEVER allow a layup.
D. Analyze the ball movement, offensive player movement, ANTICIPATE AND Protect.

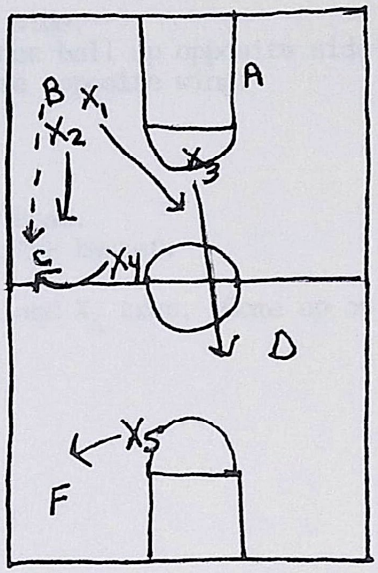
Initial alignment of ball inbounded:



Movement after first pass:



Movement when B passes up the sideline to C:



* Works same way on other side.

THE GREATEST MISTAKE IN LIFE IS TO BE IN CONSTANT FEAR THAT YOU WILL MAKE ONE.

Press 22 2-2-1 Full Court

X_1 X_2

A. Pressure on inlet pass; do not allow them the throw in. If screens switch, always front.
B. If ball gets inbounds, force them up the side-line.
C. If ball gets dribbled to center, then opposite front comes over to help steer them back to side-line.
D. Double team ball up side-line with X_3 or X_4.

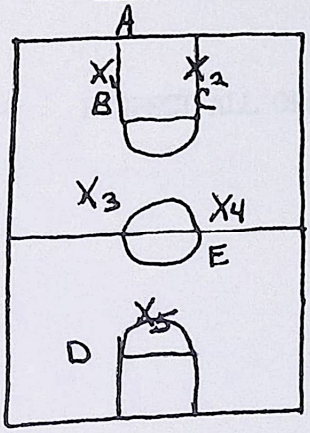
X_3 X_4

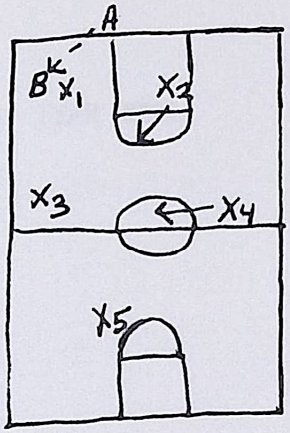
A. Talk to X_1 and X_2, be their eyes. Yell, "BALL" when it comes in.
B. Follow girl up if they bring one up from back court. We want the five second court.
C. Double team up the side-line on your side.
D. Opposite wing drop back if they advance ball up opposite side-line.
E. Do not allow ball in middle if you are opposite wing.

X_5

A. Safety--Never let ball get over your head.
B. You are the safety; you must protect the basket.
C. Never give up a layup.
D. You must come up when X_1 and X_3 or X_2 and X_4 trap. Come up on same side of ball.

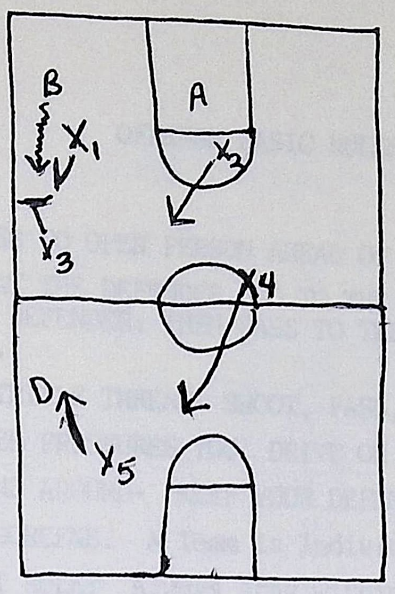
Basic Set Up





If ball gets inbounded, force ball up side-line.

YOU DON'T HAVE TO HAVE THE LEAD IF YOU HAVE THE HEART TO COME FROM BEHIND.



REMEMBER:

#1. We want five second count.
#2. We want ten second count.
#3. We want to deflect the ball.
#4. We don't want to give up an easy shot.
#5. When we steal the ball, break to the bucket. (fast break)

RESPECT ALL OPPONENTS: FEAR NONE.

OFFENSE BASIC RULES

#1 ALWAYS PASS TO OPEN PERSON AHEAD OF YOU.

#2 IF YOU BEAT THE DEFENDER, GO TO THE BUCKET WITH DRIBBLE UNTIL YOU PICK UP A DEFENDER: THEN PASS TO THE PERSON WHERE THE DEFENDER CAME FROM.

#3 REMEMBER TRIPLE THREAT- SHOOT, PASS, DRIVE.

#4 IF DEFENDER PRESSURES YOU, DRIVE ON THEM.

#5 DON'T STAND AROUND- KEEP YOUR DEFENSIVE PLAYER BUSY.

#6 SET GOOD SCREENS. A Team Is Individuals That Work Together.

#7 FIVE POINT RULE: Always stay within five points of the opposing team. Know the score. Seven points down, you must get an excellent shot to maintain five points.

#8 GOOD, SHARP, CRISP PASSING IS KEY TO OFFENSE. Bounce Pass and Chest Pass are excellent. Be very selective on lob passes.

#9 IN RECEIVING A PASS, ALWAYS COME TO THE BALL UNLESS IT IS A BREAK AWAY.

#10 PASSER- FAKE THE PASS. DON'T STARE AT WHERE YOU ARE THROWING.

#11 IF YOU'RE OPEN, AND IT'S A GOOD SHOT, <u>SHOOT THE BALL</u>!!!

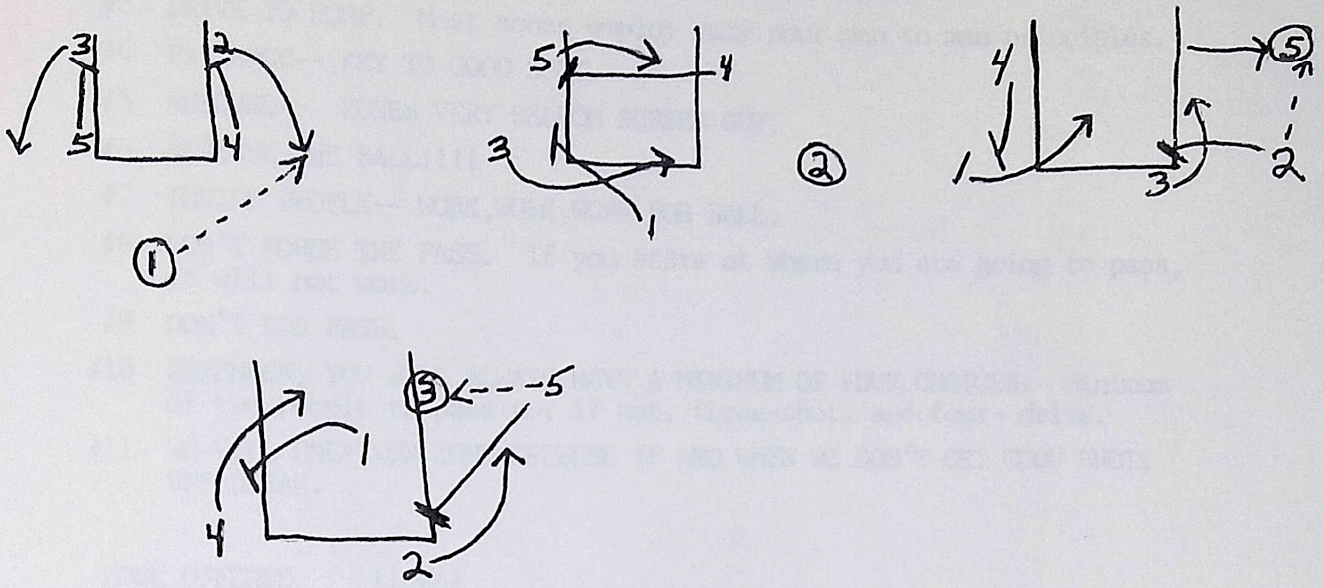
GOOD OFFENSE IS MAINLY-- HUSTLE, CONFIDENCE AND DESIRE

BELIEVE IN YOURSELF AND IN YOUR TEAM.

IF YOU MADE UP YOUR MIND YOU CAN'T DO IT, YOU'RE ABSOLUTELY RIGHT.

OFFENSE MAN TO MAN

Passing Game



A. Closest two people to ball <u>always</u> screen opposite.
B. Good Screens.
C. If dribbler drives to bucket, don't cut in her way.
D. Cutter uses screener set up.
E. Passer, don't stare (Fake).
F. Pass when cutter is coming to you.
G. When lost or in doubt, screen opposite of ball.
H. Keep ball moving-- save dribble for drive.
I. If not moving, reset.
J. Person closest to ball, screen whoever other player does not.
K. Ball in middle low, always screen high.
L. If you don't get ball, turn and screen opposite ball.
M. YOU CAN'T MAKE A MISTAKE IF YOU KEEP MOVING AND SCREEN OPPOSITE!

WIN WITHOUT BOASTING; LOSE WITHOUT EXCUSE.

ZONE OFFENSE BASIC RULES

#1 BALL MOVEMENT IS THE KEY.

#2 PASS (Crisp, Good Passes) SAVE DRIBBLE FOR DRIVE.

#3 DRIVE TO HOOP. Most zones employ very poor man to man principles.

#4 PATIENCE-- KEY TO GOOD SHOT.

#5 REBOUND-- ZONES VERY SELDOM SCREEN OUT.

#6 REVERSE THE BALL!!!!

#7 INSIDE PEOPLE-- WORK,WORK,WORK FOR BALL.

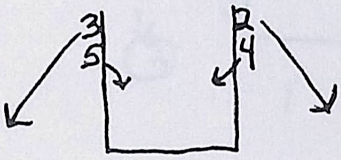
#8 DON'T FORCE THE PASS. If you stare at where you are going to pass, it will not work.

#9 DON'T LOB PASS.

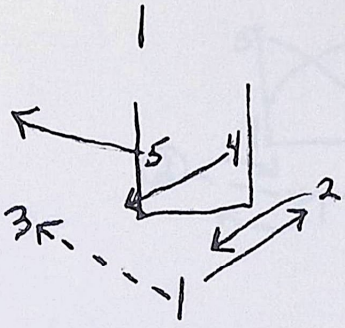
#10 REMEMBER, YOU WILL ALWAYS HAVE A MINIMUM OF FOUR CHOICES: minimum of two people to pass to; if not, three-shot, and four- drive.

#11 WE WILL ONLY RUN ZONE OFFENSE IF AND WHEN WE DON'T GET GOOD SHOTS OFF BREAK.

ZONE OFFENSE (IOWA)

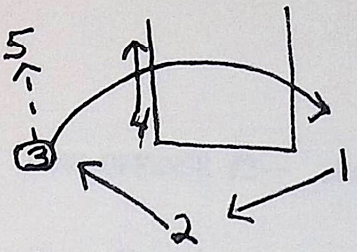


#1 passes to either #2 or #3. Note, #5 or #4 can always break high for #3 option pass.

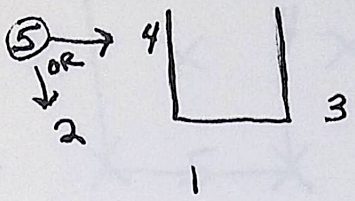


Pass to #3-- #5 to corner, #4 up across lane high, #1 exchange with #2.

WHAT GREAT THING WOULD YOU ATTEMPT, IF YOU KNEW YOU COULD NOT FAIL.

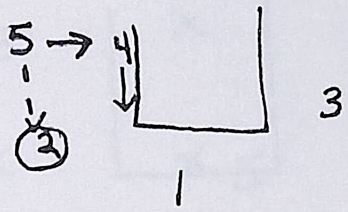


#3 passes to #5.
#2 fills for #3.
#1 fills for #2.
#4 slides down after #3 passes by.

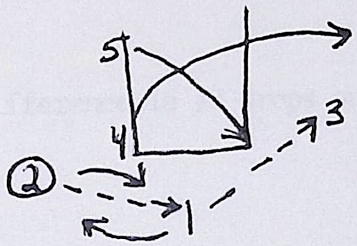


#5 can pass inside.
#5 can return pass to #2.

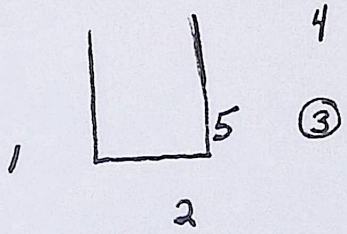
If #5 passes to #4-- Take ball to bucket or skip pass to #3, #1, or #2.



If #5 passes to #2, #4 comes high, #5 goes low, #2 can pass to any of the four other players.



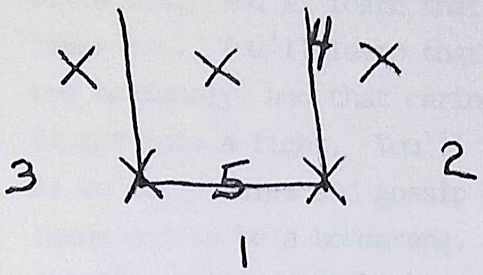
If #2 passes to #1, we are reversing ball. #1 passes to #3, #5 comes high, #4 goes to corner, #1 changes with #2.



Same set up with same rules we had on other side.

ZONE OFFENSE #2-- SEAM DRILL (KEY, KEEP BALL MOVING)

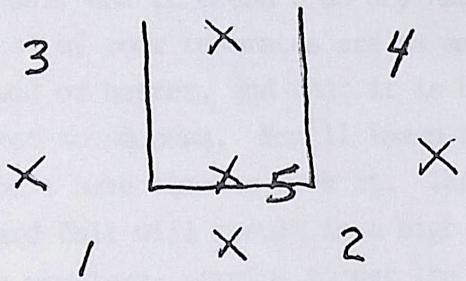
(Even Front)



2-3 Zone Seam is 1-3-1

#5 works lane.
#4 works baseline.
#1,#2, #3 use quick passes and look for open shot and drive.

(Odd Front)



1-3-1 or 1-2-2

#5 works lane.
#4, #3 looks for baseline, shot or drive.
#1, #2 looks for seam, 15' shot or drive.

Only difference is #3 drops on odd front and #1 moves over.

SOONER OR LATER, if you are an intelligent basketball player, you'll find out that basketball is a mixture of good days and bad; victory and defeat, give and take. You'll learn that it doesn't pay to be a sensitive soul, and you should let some things go over your head like water off a dam. You'll learn that the one that loses their temper usually loses out. You'll learn that you shouldn't take the other person's grouch too seriously, and that caring a chip on your shoulder is the easiest way to get into a fight. You'll learn that the quickest way to become unpopular is to carry tales and gossip about teammates. That brick passing always turns out to be a boomerang, and that it never pays. You'll learn that it doesn't matter so much who gets the credit for scoring, for assists, for rebounding so long as the team wins. You'll learn that no one ever wins alone, and it's only through co-operative effort that teams can win successfully and continually. You'll learn that everyone is a very special individual, and it doesn't do any harm to smile and say, "Good Morning". That most of your teammates are as ambitious, that they have brains that are as good or better, and that it is hard work and not cleverness that is the secret to success. You'll learn the the teammates that row the boat usually don't have time to rock it. That if you're made of the right material, a hard fall will result in a high bounce. You'll understand that coaches are no monsters; trying to get the last ounce of work out of you, not caring about you. They are usually fine individuals who know success comes from hard work, and who want you to be the best that you can be. You'll understand teammates are judged by their input to the team, not the grade that they are in. You'll finally realize that "getting along" really depends about 98% on your own behavior.

YOU SEE, BASKETBALL AND TEAMWORK, IS NO DIFFERENT THAN LIFE.

(Revamped from Wilford Peterson)

Fighting Lancers!

NORTH SCOTT
LANCERS